



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
**CITY SCHOOLS DIVISION OF BIÑAN CITY**

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**FIRST QUARTER**  
**Health Optimizing Physical Education 3**  
**Week 4**

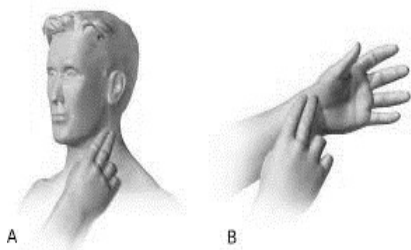
**INTRODUCTION**

MVPA refers to moderate to vigorous physical activities. Physical activity is a core component of a healthy lifestyle and covers a range from incidental movement (such as walking to get to places) to leisure-time physical activity such as sports and exercise that range from moderate intensity to vigorous intensity. You can monitor your own MVPA by paying attention to how you feel during exercise. A heart rate monitor is better for measuring the quality and intensity of an exercise and has the added benefit of tracking the participant's heart rate during physical activity. This can be helpful because it correlates with the cardiac output of the heart as well as the oxygen consumption.



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Heart rate is a measurement of how many times your heart beats in one minute.

Resting heart rate is how many heart beats you have per minute when you are not exercising or otherwise under stress. Resting heart rate can be an important measure of the [health of your heart](#) muscle.

It's helpful to be able to check your own heart rate for your general health, when exercising, or if you experience symptoms such as [dizziness](#).

A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats per minute.

To measure your heart rate, simply check your pulse. Place your index and middle fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist.

When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute.

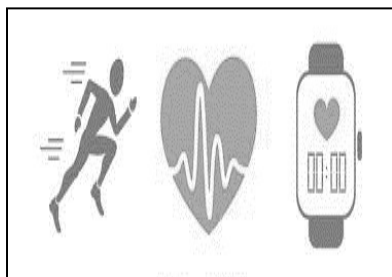


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## Physiological Indicators:

### Heart Rate

Your heart rate is the amount of time that your heart beats each minute. The heart is a muscle with four chambers that each work together to move blood through the circulatory system, either sending blood to the lungs for oxygenation or sending it to the body to support the tissues. Each heartbeat is a contraction of the heart muscle that pushes the blood a little further along. According to the Mayo Clinic, an adult resting heart rate is approximately 60 to 100 beats per minute, but this pace increases when you exercise - particularly with aerobic workouts such as walking, running or dancing.

### Rate of Perceived Exertion

Rating of perceived exertion (RPE) can help you measure how hard your body is working when you exercise.

Using a scale from 6 to 20, you choose a rating number to describe how hard the activity feels. You base the number on how tired you are, how hard it is to breathe, and how hard it is to do the activity.

When you are exercising your heart beats faster, your breathing becomes faster and deeper, you work up a sweat, and your muscles begin to tire and complain.











RPE SCALE	RATE OF PERCEIVED EXERTION
<b>10</b> /	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
<b>9</b> /	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
<b>7-8</b> /	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence
<b>4-6</b> /	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
<b>2-3</b> /	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
<b>1</b> /	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, watching TV, etc



## Pacing

When humans travel over a long distance using their own resources, they choose a pace that enables them to reach the goal of locomotion with a self-chosen degree of physiological strain and without threatening their health. This regulation of performance is generally termed pacing.

Pacing requires the integration of anticipation (feed-forward) with physiological signals (feedback) and is particularly apparent in endurance sports: Athletes tailor their metabolic strain, based on their experience and depending on the situation, to temporal or spatial goals (Ulmer, 1996). Pacing also plays a vital role in everyday physical activity, and in the prevention and rehabilitation of lifestyle diseases (Edwards & Polman, 2013; Smits, Pepping, & Hettinga, 2014).

<b>Rating of Perceived Exertion Chart</b> (Cardiovascular Endurance)		
#10		<b>I am dead!!!</b>
#9		<b>I am probably going to die!</b>
#8		<b>I can grunt in response to your questions and can only keep this pace for a short time period.</b>
#7		<b>I can still talk but I don't really want to and I am sweating like a pig!</b>
#6		<b>I can still talk but I am slightly breathless and definitely sweating.</b>
#5		<b>I'm just above comfortable, I am sweating more and can talk easily.</b>
#4		<b>I'm sweating a little, but I feel good and I can carry on a conversation comfortably.</b>
#3		<b>I am still comfortable, but I'm breathing a bit harder.</b>
#2		<b>I'm comfortable and I can maintain this pace all day long.</b>
#1		<b>I'm watching TV and eating bonbons.</b>

### How is MVPA measured?

You can monitor your own MVPA by paying attention to how you feel during exercise. On a 0-10 scale where 0 is "not at all tired" and 10 is "very, very tired", moderate intensity exercise is a 5 or 6 and vigorous intensity exercise begins at 7 or 8.



Hip hop dancing is thought to have officially begun in New York City during the late 1960s and early 70s. During this time, individuals without professional dance training but with an instinct for movement brought dancing to the streets. A dance form meant to be popular in the original sense of the word, meaning that it was for the people and not for the academy, hip hop moves were inspired by complex rhythms and the down-to-earth movement style of African dancing. Music and movement came together to form a new art. While signs of modern, tap, swing, and African dancing can all be found in hip hop, this dance style is really in a class of its own when it comes to improvisation and an edge of competition.



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